

IN TOUCH

DR. SERGEI KORALOV A PROFILE IN COURAGE



They call it the most grueling one-day sporting event in the world, and only those who cross the finish line can lay claim to the title “Ironman.” Nobody would have thought Sergei Koralov among the finishers at the 2016 Lake Placid Ironman—especially not those who saw him immobilized by a recurrent cancer. But Koralov has made a life of shattering expectations and beating the odds.

Born in Moscow, Russia, the son of a linguist and a mathematician, Sergei Koralov grew up in a family immersed in academia. Those who know him today, a leading figure in immunology research at NYU Medical Center, just nod and imagine the apple did not fall far from that tree. But it was never self-evident to his teachers that he would end up following the academic route. While his parents published research papers and his brother burned the midnight oil studying, young Sergei spent most of his time outdoors, climbing onto anything that he could grab hold of. “Are you sure that you are related to your brother?” his teachers would ask, rhetorically. Although most schoolwork bored him, he was captivated by one subject—chemistry. He remembers spending hours concocting explosive and colorful mixtures in his backyard in Moscow with his model chemistry kit.

Sergei was thirteen years old when his father, an extraordinary mathematician, earned his green card and the family immigrated to the United States. It was during this time that Sergei began to come into his own as a student. With a bashful smile and shrug, Sergei claims that he was never at the top of his class, but at least he was no longer bearing the brunt of his poor academic performance. Clearly, he was more successful than his diffident shrug implies, since he earned a place at the highly select Duke University. Then his first hurdle appeared. Around the same time that Sergei received his acceptance letter from Duke, he also received a diagnosis of mucoepidermoid carcinoma (MEC). Eighteen-year-old Sergei went into treatment, underwent surgery, and battled. Remarkably, he was cancer free on his first day at Duke. It would be the first of many comebacks for this comeback kid.

During his time at Duke, Sergei discovered his affinity for research. He abandoned his long-time dream of becoming a doctor and dove enthusiastically into uncharted territory as a student-technician in an immunology lab. “It was mind-blowing,” Sergei explains, “I was witnessing evolution take place on a molecular scale over a matter of days.” Through such formative laboratory experiences and

along with the generous help of influential mentors, Sergei completed a PhD in Immunology and then a Post-Doctoral Fellowship at the Immune Disease Institute of Harvard University. In 2010, he began his Assistant Professorship in the Department of Pathology at NYU Medical Center, where he slowly built a productive and reputable laboratory. Then the next obstacle arose. Hurricane Sandy, which hit NYC in 2012, destroyed his mouse lab. Years of work breeding those mice washed away in Sandy’s currents but, once again, Sergei refused to see the tragedy as anything but a setback. He began to regenerate his mice across multiple facilities and, in a bittersweet turn of events, claimed a breakthrough in immune response research.

However, his own immune response, not his mice’s, was about to claim his attention. After being pronounced cancer-free at the age of eighteen, Sergei had put his diagnosis on a dusty shelf in his past and closed the door. Until, almost two decades later, when he felt an eerily familiar sensation in his mouth. After convincing his physician to perform a diagnostic scan, thirty-four-year-old Sergei was told that he had an aggressive recurrence of the same cancer he thought he had beat years ago. The third hurdle. It was this tumor that led Sergei Koralov to Dr. Mark Urken and into the doors of the THANC Foundation.

Exhausted by two surgeries and external beam radiation, Koralov was forced to take extended time off from his research and to rely on the kindness and dedication of fellow researchers, colleagues, and students to maintain the lab that he had worked so hard to build, and build again. From his hospital bed, aching to return to his former life, he would often tease his wife that he would walk across his hospital room one of these days, and then up and down the corridors, until he could walk straight out of the doors of the hospital. One determined city block grew to one determined mile, until Sergei Koralov was pounding up and over mountaintops.

If there is one thing that crossing the finish line at the Lake Placid Ironman Triathlon means, it’s that nothing—no doubting teacher, no natural disaster and no formidable diagnosis—can quash the courage and persistence of Sergei “Ironman” Koralov. ■

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Golf Outing & Family Fun-Raiser • September 26, 2016



See more photos from the golf outing and other events on our website: <http://thancfoundation.org/photo-gallery/>

Charitable Giving and Your Estate Plan

There are many ways to remember the THANC Foundation or your other favorite charities in your estate plan, ranging from the simple to the complex. Doing so allows charities like THANC to carry on with their important work and can result in valuable benefits for your estate and your heirs.

The most common way to benefit a charity is with a simple bequest in your will or revocable trust. You can make a cash bequest, or allow the charity to share in a fixed percentage of your estate. Having your estate planning attorney prepare your documents to include such bequests is simple, and the cost is relatively low.

You can also make a charitable bequest by designating a charity as the beneficiary of a "non-probate" asset (i.e. an asset that passes directly to the beneficiary, outside the terms

of your will). For example, you could establish a bank or brokerage account and designate the balance in the account to be "payable on death" or "transfer on death" to a charity. Alternatively, you can designate a charity as the beneficiary of all or a portion of a life insurance policy or a retirement fund. Beneficiary designations can be revoked or changed at any time, and the potential gift to the charitable beneficiary can be increased or decreased by adding or removing funds to or from the account. Beneficiary designations are relatively easy to make without the assistance of an attorney, so there is little or no cost to put them in place. Since charities are exempt from income tax, any portion of a retirement or tax deferred account payable to a charity will escape income taxation.

The individual federal estate tax exemption

is currently \$5.45 million. This means, with proper planning, a couple can shelter almost \$11 million from federal estate tax even without the benefit of a charitable bequest deduction. However, even if your estate is under the federal estate tax thresholds, many states have their own estate tax with smaller exemptions, including New York, New Jersey, Connecticut, Vermont and Massachusetts. Therefore, even if you do not have a federally taxable estate, a charitable bequest could help reduce estate taxes in your state.

Implementing a charitable bequest in your estate plan can be done in a number of ways and can be a powerful tool to provide benefits not only to the charity of your choice, but to your estate and your heirs. As you plan your estate, we hope you will consider listing THANC as a beneficiary. ■

IRA Rollover Provision Extended and Made Permanent Law

The Pension Protection Act of 2006 (PPA) permitted individuals to roll over up to \$100,000 from an individual retirement account (IRA) directly to a qualifying charity without recognizing the assets transferred to the qualifying charity as income. While this initial provision expired on December 31, 2007, it has been extended several times. On December 18, 2015 the President signed the PATH Act making this special IRA Charitable Rollover Provision permanent.

This means that friends who are age 70½ or older may use their IRAs to make a gift of up to \$100,000 per year to charity that may be excluded from the individual's gross income.

This now permanent provision may be most useful for donors who do not need the additional income but must make a required minimum withdrawal from their IRA for the year; who have exceeded their charitable deduction limit; who do not itemize their deductions; or for whom additional income will cause more of their Social Security income to be taxed. Please consult with your tax advisor to determine how this provision may affect your particular situation and about the best ways to take advantage of this giving opportunity.

FOR ADDITIONAL INFORMATION PLEASE CONTACT
Steven Grant • sgrant@thancfoundation.org • 212-844-6486



THURSDAY, APRIL 27, 2017 **THE HARMONIE CLUB**
10:30 AM – 2:00 PM **4 East 60th Street, NYC**

The luncheon will feature the sale of vintage and new couture items, designer and high-end merchandise, as well as a luxury raffle package. You can expect to see many premium brands, such as Chanel, J Mendel, Gucci, Hermes, Ferragamo, Givenchy, and fine jewelry. Roger Vivier, Neiman Marcus and Chelsfield America have already committed as sponsors. Dr. Laura Corio, Dr. Mark Urken & Maxine Eisenberg will be among our distinguished speakers.

TO PURCHASE TICKETS OR TO FIND OUT MORE CONTACT
Joelle Bickford • events@thancfoundation.org • 646-685-3982

Research Update

FOURTH QUARTER // 2016

FUNCTIONAL OUTCOMES STUDIES

607

INSTRUMENTAL SWALLOW EVALUATIONS

1,245

TOTAL N° OF PARTICIPATING PATIENTS

1,031

FUNCTIONAL ASSESSMENTS

1,670

OVERALL PARTICIPATION

↑ 11.9%



September was Thyroid Cancer Awareness Month

and those who dropped by The Mount Sinai Hospital learned that thyroid cancer is the most common endocrine cancer and one of the few cancers whose incidence has increased in recent years. The National Cancer Institute estimates 64,300 new cases of thyroid cancer will be diagnosed in 2016. Mount Sinai's annual Thyroid Screening aims to make screening more accessible. An impressive number of visitors had their necks checked—no appointment required. Experienced physicians and technicians from Mount Sinai conducted 135 screenings, including neck examinations and ultrasound. Forty-five of those participants screened were recommended for follow-up care. The THANC Foundation team answered any and all questions related to thyroid disease and provided participants with educational materials from credible sources.

A vast majority of thyroid cancer patients don't experience symptoms, so it is important to spread awareness of possible risk factors. For instance, women are three times more likely to develop thyroid cancer than men, and while thyroid cancer can occur at any age, two-thirds of cases are found in people between the ages of 20 and 55 years. To learn more about thyroid cancer visit the Thyroid Care Collaborative website (thyroidccc.org) or the resource page on THANC's website to find additional trustworthy online resources (www.thancfoundation.org/for-patients/resources).

TWO GOLF EVENTS TO BENEFIT THANC FALL 2017

SAVE THE DATE FOR THE OUTING NEAR YOU

SEPTEMBER 18

5TH CHICAGO GOLF OUTING

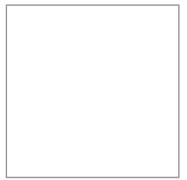
The Glen Club • Glenview, IL

SEPTEMBER 25

ANNUAL THANC GOLF OUTING

Old Oaks Country Club • Purchase, NY

FOR ADDITIONAL DETAILS PLEASE CONTACT US
events@thancfoundation.org • 646-685-3982



UPCOMING EVENTS 2017-18

FEBRUARY
23

SPOHNC MEETING

2:00–4:00 PM
Manhattan Chapter
10 Union Sq. East
5th Floor • NYC

MARCH
23

SPOHNC MEETING

2:00–4:00 PM
Manhattan Chapter
10 Union Sq. East
5th Floor • NYC

APRIL IS
ORAL CANCER
AWARENESS
MONTH



APRIL
27



LUXE LUNCHEON

10:30 AM–2:00 PM
Harmonie Club • NYC

APRIL
27

SPOHNC MEETING

2:00–4:00 PM
Manhattan Chapter
10 Union Sq. East
5th Floor • NYC

MAY
24

RESEARCH
PRESENTATION
MEETING

2:00–4:00 PM
10 Union Sq. East
2nd Floor Atrium • NYC

MAY
25

SPOHNC MEETING

2:00–4:00 PM
Manhattan Chapter
10 Union Sq. East
5th Floor • NYC

SEPTEMBER IS
THYROID CANCER
AWARENESS
MONTH



SEPTEMBER
18

5TH BIENNIAL CHICAGO
GOLF OUTING

10:00 AM
Glen Club • Glenview, IL

SEPTEMBER
25

2ND ANNUAL THANC
GOLF OUTING

10:30 AM
Old Oaks • Purchase, NY

APRIL 2018
26

15TH ANNUAL GALA

Cipriani • NYC